



DEPARTMENT OF HEALTH

PRE-SCHOOL DIVISION

DIET FOR CHILD

From 9 to 18 Months of Age

FROM SIX MONTHS TO WEANING TIME

BREAST FEEDINGS supplemented as follows: A teaspoonful of oatmeal or barley jelly, well mixed with a little warm fresh milk, after 10 a. m. and 2 p. m. breast feedings. Or bottle of two parts cow's milk and one part water, boiled together for two minutes, in place of one breast feeding. Orange juice and water, given between feedings, as a drink, beginning with one teaspoonful of juice to two of water; or strained tomato juice, same proportions.

AFTER NINE MONTHS

A crust or piece of dry toast after feeding, also broth of beef, mutton or chicken, and vegetable soup, the vegetables having been mashed and put through a sieve (see over); also scraped apple, prune juice, or finely mashed prune pulp. Only one article should be added at a time. Cereals need not be strained: Oatmeal, Cream of Wheat, Cream of Barley, Farina, Rice. (See directions for cooking on reverse of card.)

SAMPLE OF DIET AT END OF FIRST YEAR

6:30 a. m.—Milk, 6 to 7 ounces, given from a cup.

9:00 a. m.—Orange juice, 1 to 2 ounces, or tomato juice, fresh or canned, 1 to 2 ounces.

10:00 a. m.—Milk, 4 to 6 ounces, with gruel, 3 to 4 ounces, a crust of dry bread.

2:00 p. m.—Beef juice, 1 to 2 ounces, or half a soft egg, or mutton or chicken broth, 4 to 5 ounces. A green vegetable, one tablespoonful; spinach, or beet tops, or string beans, or asparagus tips, or very young green peas. Rub to smooth pulp and put through a seive. Dry bread, or crisp toast, one slice, with a little butter.

6:00 p. m.—Same as at 10 a. m.

10:00 p. m.—Same as at 6:30 a. m., but from bottle.

After fourteen months give cereal, instead of gruel, at 10:00 a. m.; 3 tablespoonfuls with an ounce of thin cream, no sugar.

Codliver oil is a good food for all babies, in the first two years of life.



RECIPES

OATMEAL JELLY—One pint of water in double boiler; half teaspoonful salt; 1 cup oatmeal flakes, poured slowly into boiling salted water. Cook three hours, strain, cool and place in refrigerator. After nine months, cereals need not be strained.

BARLEY WATER—Two tablespoons of barley flour. Make into a paste with cold water and add one pint of boiling water, stirring all the time. Add a pinch of salt. Cook for one hour. Add, after the cooking, enough water to make a pint of mush. Strain, cool and place in refrigerator.

GRUEL OR JELLY—If gruel or jelly is desired, use 2 to 3 times as much flour to the same quantity of water (Pearl Barley may be used; in which case soak it over night and cook for three-quarters of an hour, using 1 heaping teaspoonful to the pint of water).

PRUNE PULP—Wash the prunes thoroughly. Soak over night. Cook next morning in the same water in which they were soaked. A little cooking will make them perfectly tender. The clear juice is laxative. Squeeze the pulp through a colander.

All broths should be entirely free from fat, which may be skimmed from the surface after cooling. This should be carefully done—reheat the broth before giving.

How to cook cereals:—

1. Have the right amount of water, (as indicated on the package) actively boiling.
2. Add salt, according to directions on the package.
3. Add the cereal slowly, stirring constantly.
4. After boiling for 5 minutes directly over the fire, place in double boiler and continue cooking from 30 minutes to 3 hours, according to the cereal, and the doctor's orders.

How to cook leafy vegetables:—

1. Wash well in warm water.
2. Steaming is the best way to cook them—or cook in tightly closed saucepan in the water which drains from the leaves. Add no more water, except to keep from scorching.
3. Cook only until tender, usually 20 minutes.
4. Then chop finely. Put through colander. Season with salt and butter.

How to cook an egg:—

Coddling is the best way for a soft egg. Place it in boiling water and remove immediately from the fire; let it stand uncovered for 8 minutes. The white should be about the consistency of jelly.